

# STRESS WORKSHEET

## 1. Eustress vs. Distress

There are two types of Stress.

- Eustress: positive, good stress that comes from situations that are enjoyable. (e.g., winning a game)
- Distress: Negative, bad stress that can be harmful to the body. (e.g., doing poorly on a test)

**Review your Stress Diary. From your stress list, identify examples of eustress and distress in the space below.**

Eustress \_\_\_\_\_  
Distress \_\_\_\_\_

## 2. From your Stress Diary list, identify stressors and their physical and mental symptoms.

Stressors	Symptoms	
	Physical	Mental

## 3. Review your Stress Diary and identify the areas of distress of most concern.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4. Many stressors can be changed, eliminated, or minimized. Here are some examples of things you can do to reduce your level of stress:**

Exercise	<ul style="list-style-type: none"> <li>➤ Exercise regularly.</li> <li>➤ Practice relaxation techniques. For example, whenever you feel tense, slowly breathe in and out for several minutes.</li> </ul>
Nutrition	<ul style="list-style-type: none"> <li>➤ Eat a balanced diet daily. Eat more whole grains, nuts, fruits and vegetables. Substitute fruits for desserts.</li> <li>➤ Choose foods that are low in fat, sugar, and salt.</li> </ul>
Sleep	<ul style="list-style-type: none"> <li>➤ In a typical week, get sufficient sleep to wake up refreshed.</li> <li>➤ Do not use medication or chemical substances (including alcohol) to help you sleep.</li> </ul>
Stimulants	<ul style="list-style-type: none"> <li>➤ Avoid caffeine, nicotine, sugar, and cola.</li> <li>➤ Do not use medication or chemical substances (including alcohol) to reduce your anxiety or to calm you down.</li> </ul>
Support System	<ul style="list-style-type: none"> <li>➤ Have one or more friends with whom you can share personal matters.</li> <li>➤ Talk with friends or someone you can trust about your worries/problems.</li> </ul>
Nurture-Self	<ul style="list-style-type: none"> <li>➤ Keep reinforcing positive self-statements in your mind.</li> <li>➤ Focus on your good qualities and accomplishments</li> <li>➤ Do something you really enjoy which is “just for me” during the course of an average week.</li> <li>➤ Recognize and accept your limits. Remember that everyone is unique and different.</li> </ul>
Good time management skills	<ul style="list-style-type: none"> <li>➤ Plan ahead and avoid procrastination.</li> <li>➤ Make a weekly schedule and try to follow it.</li> <li>➤ Set realistic goals.</li> <li>➤ Set priorities.</li> <li>➤ See the iStudy for Success module on Time Management (<a href="http://iStudy.psu.edu/modules.html">http://iStudy.psu.edu/modules.html</a>)</li> </ul>
Relax	<ul style="list-style-type: none"> <li>➤ Take a warm bath or shower.</li> <li>➤ Go for a walk.</li> <li>➤ Get a hobby or two. Relax and have fun.</li> <li>➤ Get in touch! Hug someone, hold hands, or stroke a pet. Physical contact is a great way to relieve stress.</li> </ul>

**Think about how to cope with and prevent the distress you identified in your Stress Diary and the questions above. Describe your plan for coping with distress in the space below.**

<b>Exercise</b>	
<b>Nutrition</b>	
<b>Sleep</b>	
<b>Stimulants</b>	
<b>Support System</b>	
<b>Nurture-Self</b>	
<b>Good time management skill</b>	
<b>Relax</b>	
<b>Other</b>	